Thoughts from District Governor Sam Longbook

Greetings from DG Sam,

With vacation time behind us, and the district leadership working hard on preparations for the year, we are looking forward to a very successful year in fellowship and Lionism.

I have already had the pleasure of attending the Nashua Everest 2nd year celebration and the Kingston Leos supporter appreciation dinner.

CST Paul and I have begun club visitations with Nashua on Sept 18th and Meredith on Sept 26th.

I am looking forward to my club visitations and an increase of membership.

Please contact CST Paul at cstpaul44h@comcast.net or (978) 595-7536 to schedule your club visit.

A successful well attended fall Secretary and Guiding Lion training was held on Sept 16th.

Planning and preparations is underway for 44H “Lions Development Workshop” to be held on Saturday, Oct 28th. The workshop is open to all Lions, for details; see the flyer in this newsletter.

The Lions Leadership Institute will be conducting training in Denver CO during November 2017.

The district is pleased to send 2nd VDG Steve Middlemess to Advance Lions Leadership training.

Continued next page
We are also proud to be able to send three Lions (Peter Allen / Moultonborough, Bob Gustafson / Atkinson and Chris Lynch / Kingston) to Emerging Lions Leadership Institute for training (ELLI).

USA/Canada Forum, Portland OR
The Longbook’s and the Middlemiss’s were pleased to represent District 44H at the Forum. We attended 3 days of classes that covered many exciting topics, including Membership, Leadership and “new” Service, which are the elements of the Global Action Team (GAT) for the future of Lions.

We had many inspirational speakers first was; Jen Bricker, who was born without legs and spoke in a light hearted way about “Everything is Possible”.

We also had the pleasure of hearing the keynote speaker Dr. Willie Jolley the #1 motivational speaker in America. He was high energy and delivered nuggets on how every person can live a better life, one day at a time. He was very excited and impressed about the work and accomplishments of Lions. Willie left us with looking forward; “The Best is Yet to Come”

As your DG this is my wish for the coming year.
“Power of We” as “WE WORK SIDE BY SIDE to SERVE”

If I can help in anyway please feel free to call on me. Yours in Lionism.
Call me at 329-5603 / 327-1133 or e-mail me at dgsam44h@comcast.net
In The Pride

DG Comments Pg 1-2
1st VDG Message Pg 4
2nd VDG Message Pg 4
CST and MCC Message Pg 5
GMT and GLT Message Pg 6
GST Message Pg 7
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Membership Matters Pg 10
Lions Workshop Pg 11
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Salem Lions Social Pg 31
Camp Pride Raffle Pg 31

Travels with the DG

District 44H at the Forum

The Longbook’s and the Middlemiss’s were pleased to represent District 44H at the Forum.

We attended 3 days of classes that covered many exciting topics, including Membership, Leadership and “new” Service, which are the elements of the Global Action Team (GAT) for the future of Lions.

Events Calendar

October

10/11 Camp Pride Meeting 6:30pm,
Location Auburn Tavern Exit 2 off Rt. 101, in Auburn NH
10/12 Lions Youth Services Mtg, 6:00pm
Location: Hannaford in Bedford
10/19 LSHF Meeting, 6:30pm
Blake’s 353 S Main St. Manchester
10/24 Health Services BoardMtg, 6:30pm
Location Hannaford,7 Kilton Rd. Bedford, NH
10/25 Twin State Soccer Assoc 7:00pm
Location: Elks Club, Lebanon NH

November

11/08 Camp Pride Meeting 6:30pm,
Location Auburn Tavern Exit 2 off Rt. 101, in Auburn NH
11/09 Lions Youth Services Mtg, 6:00pm
Location: Hannaford in Bedford
11/16 LSHF Meeting, 6:30pm
Blake’s 353 S Main St. Manchester
11/28 Health Services BoardMtg, 6:30pm
Location Hannaford,7 Kilton Rd. Bedford, NH
11/29 Twin State Soccer Assoc 7:00pm
Location: Elks Club, Lebanon NH
Thoughts from
First Vice District Governor Jerry Vaccaro

LIONS DEVELOPMENT WORKSHOP
WHEN    SATURDAY OCTOBER 28th
WHERE    DELTA DENTAL, CONCORD NH

Please mark your calendars, it is must for every lion to attend!!!

The District leadership are all working hard to put an educational program together for all and I mean ALL Lions.

Yes, we will be discussing Membership but in ways on how to work your community and your Chamber of Commerce in getting your club new members.

Leadership Training is always a necessary to grow your club. Knowing how to approach and direct your club will be presented; so that you as a leader, will understand your leadership roles.

How does Club Orientation effect your club retention and membership? Find out why a properly oriented old/new Lion will remain a Lions for many years.

Learn about how, we as a Lion Club, can Serve your community and the needy of your community.

Yes, a Lion Development Workshop for all, so bring your whole club. The more the merrier and the more questions asked the better Lions we will all become.

See you there,
Jerry

Thoughts from
Second Vice District Governor Steve Middlemiss

Notes From the 2nd VDG

Leadership is an important aspect of our organization.

From a committee chair to the President of your club to the leaders of our District, good leadership is important. But how do we find leaders. Do you have someone in your club that motivates members to work on projects? Are they able to co-ordinate everyone’s efforts to achieve a common goal? Are they able to work around obstacles? Does this person seem to be able to work with everyone? That’s a leader, even if this person doesn’t see it in themselves. These members should be encouraged to take training courses provided by International as well as the District. Help them to develop these abilities to gain the trust in themselves to move into Leadership positions. We have many members in our District who are leaders, they just need a little nudge. There are some great courses at International through the Lions Learning Center. Presidents, please encourage these members to look into these courses and ask them to attend this year’s Lions Development Workshop. It is being held on Saturday, October 28th at Delta Dental. We will be touching all aspects of Lionism, so this workshop is for all who want to get more out of being a Lions member.

Thank you Clubs for all your efforts to help those in your communities. You are what makes it Great to be a Lion!!

Please contact me if you would like me to visit your club.

Please don’t hesitate to contact me with any questions you might have. To get in touch with me my cell phone is 603-566-7616 and email is cstmiddlemiss@gmail.com. Don’t forget to JUST ASK!

Yours in Lionism
SVDG Steve Middlemiss
Thoughts from
Cabinet Secretary-Treasurer Paul Gilberti
This month I attended the training workshop at Delta Dental in Concord for Guiding Lions. The information presented was excellent and anyone can benefit from it. In the other room, training for club secretaries was being conducted.

There will be a Lions Development Workshop at Delta Dental on Saturday, October 28th. Please try to attend. It is for ANY and ALL Lions.

As the summer is winding down and fall begins, DG Sam and I are visiting clubs in the district. We attended a dinner meeting in Nashua, at the Crown Plaza Hotel, hosted by King Lion Kamal, where they were honoring the memory of past Lion Philip Flynn.

Last week, we attended a meeting in Meredith, hosted by Zone Chair and President Marie Valliere and we had a very nice home cooked meal. I have included pictures of both meetings within this newsletter.

The leadership continues to meet and work on membership.

Any clubs interested in scheduling a visit, please reach out to me via email as soon as possible as the District Governor’s calendar fills up very quickly.

Serving side by side,
CST Paul Gilberti  E: CSTPaul44H@comcast.net  H: 603-426-2025  C: 978-595-7536

Thoughts from
Multiple Council Chair Christine Greenwood
Hello NH Lions!

Happy Fall to all! The leaves are changing colors, the days are warm and the evenings are cool & crisp. Fall is my favorite time of year....... And Lions is another favorite of mine. Keeping members engaged and trained on the many aspects of Lionism is a passion of mine.

Keeping your club healthy and strong is important with making sure your club operates effectively AND keeping the members satisfied. Members need to feel involved and that they are making a difference of helping others! There are many tools available to ALL members at www.lionsclubs.org, HOWEVER each District will be hosting an in-depth training which will cover the importance of improving membership, providing an effective orientation, the impact of retention and providing leadership skills. These trainings are interactive with many opportunities to ask questions which are specific to your club allowing the ability to collaborate together with other clubs on how to improve.

I would like to challenge EACH club to send one member from their club to their District training in October. Each club that has a member in attendance will be entered into a special drawing which will be held at the November District Cabinet meetings for a special gift from me personally!

Hope to see many Lion smiles at the District upcoming training!
Thoughts from
Global Membership Team Leader  Al Goldstein

Hello Lions,

Looks like fall has finally arrived. This is a good time of year to invite someone to your Lions Meeting or perhaps a service or fundraiser. Many times the latter is a great way of showing others what we do.

I want to share a couple of words with you. Sponsor and Mentor. We have all been invited to become a Lion. Those who invited us to join are our sponsors. They saw something in us to invite us to share what they enjoy. They are our first Lion leader. The other word is mentor. They are the Lion we looked up to for their skills in service, fundraising, or leadership. We all had or have that person in our Lions life.

Are you that person? Are you a sponsor? Are the members you invited to join still engaged? If not perhaps a simple phone call and an invitation to come back to a meeting is what they need. Offer a ride. You saw something in someone that inspired you to ask them to join.

The two important words will be a topic of conversation at our Lions training on the 28th. This event is for all Lions to learn and discuss these and many other topics to help grow our organization and make us stronger. I hope we fill the room to capacity and enjoy each other’s company and have some good conversations.

Thanks for all you so.

Al Goldstein
IPDG/GMT
Membership Matters

Thoughts from
Global Leadership Team Leader  Dick Lemieux

At the club level, the GLT is the 1stVP. The name may have changed, but the responsibility has not. Keeping it simple (KISS), you should attend the leadership training in October.

If you have new members, plan an orientation meeting to include sponsors.

At the first of the year, you should look for candidates for next year’s BOD. This will be your chance to get your people in place.

Ballots need to be formed and voted in by April. You might be asked to plan for the incoming installation.

Last, you will need to step up for the KL, if that person is unable to be in attendance for a meeting. When you look at this over ten months, it’s easy to plan
Thoughts from
Global Service Team Leader Marie Hall

Centennial Legacy Projects
Connecting Through Community

As Lions, we identify community needs and take action to meet those needs. If your club has not completed a Centennial Legacy Project, you have until June 30, 2018 to complete one.

Level 1: Raise Your Community Visibility
- Post new Lions signs
- Donate a park bench, statue or fountain

Level 2: Provide a Community Gift
- Refurbish a park or playground
- Fund Resources for the visually impaired
- Donate a vehicle to a community organization

Level 3: Make a Community Impact
- Build a clinic
- Expand a library or school
- Develop a training center

Inviting your community to help with a large-scale service project such as a legacy project is a great way to recruit volunteers who may become Lions. If your club has already completed a project, make sure you report it to MyLCI under the Community and Culture activity type. Clubs can earn a special banner patch. Your project may also qualify as a Centennial Service Challenge Project. More on that next month!

HUNGER RELIEF

I know everyone is aware that Lions Clubs International has taken on Hunger Relief as a major initiative as we move forward into our second hundred years. It is our responsibility as New Hampshire Lions to support this meaningful initiative.

What do you know about hunger in New Hampshire? If you are like me, probably not a lot, so let’s start with some general knowledge. The largest food bank in NH is located in Manchester at 700 East Industrial Park Dr.

What is a Food Bank? According to their web site nhfoodbank.org A food Bank is the center of food collection and distribution in a community. In essence, foodbanks collect, sort and re-distribute food to the community. Traditionally, a food bank does not distribute food directly to those in need. Instead, food banks serve an extensive network of organizations in their respective communities. These organizations serve one part of the community and know the needs of the people there.

Bottom line is that the Food Bank helps supply your local Food Pantry. For a list of the Food Pantries in our state just go to foodpantries.org. I’m sure your local food pantry would be thrilled to hear that you want to support them by having a food drive.

Please make sure that you document and share your event success stories.

What are you waiting for? Do it now before winter gets here!

Submitted by
PCC Jim Robinson
### ZONE 1 CHAIRPERSON
John Deschenes  
7 Galway Road  
Nashua, NH 03062  
H: (603) 888-3911  
C: (603) 233-2929  
E: jddeschenes@gmail.com  
Clubs: Hudson, Litchfield, Nashua, Salem, Windham, Nashua Everest Centennial, Pelham Centennial

### ZONE 2 CHAIRPERSON
Mike Dolan  
5 Zoe Lane  
Newton, NH 03858  
H: (603) 382-9642  
C: (603) 303-7950  
E: Mike.Dolan@bauer.com  
Clubs: Atkinson, Hampstead, Plaistow, Sandown, Kingston

### ZONE 3 CHAIRPERSON
Melanie Saunders  
12 Lyford Lane  
Brentwood NH, 03833  
C: (603) 339-234-0982  
E: melanieesaunders@gmail.com  
Clubs: Epping, Exeter, Hampton Area, Portsmouth, Rye, Seabrook

### ZONE 4 CHAIRPERSONS
Elizabeth Ferriera  
16B Mercury Drive  
Londonderry, NH 03053  
H: (603) 249-8001  
C: (603) 249-8001  
E: bostonrdsxs25@yahoo.com  
Clubs: Auburn, Chester, Derry, Londonderry, Raymond

### ZONE 5 CHAIRPERSON
Jeni Williams  
14 Emerson Drive  
Center Barnstead, NH 03225  
C: (603) 781-5597  
E: jeniwilliams1@live.com  
Clubs: Epsom / Chichester, Loudon, Saddleback Mountain, Suncook Valley Area

### ZONE 6 CHAIRPERSON
Doug Griffin  
74 Peaslee Crossing Rd  
Newton, NH 03858  
H: (603) 378-0693  
C: (603) 944-1377  
E: doug@seadec.com  
Clubs: Barrington, Dover Cocheco River, Rollinsford / South Berwick, Somersworth

### ZONE 7 CHAIRPERSON
Marie Valliere  
95 Plymouth Street  
Meredith, NH 03253  
H: (603) 279-6016  
E: keylion03@gmail.com  
Clubs: Conway Area, Laconia / Gilford, Meredith, Moultonboro, Wakefield, Whittier, Wolfeboro
Hunger Relief Chair  
Jim Robinson  
C: (603) 247-2015  
E: jimrbnsn15@comcast.net

Information Technology (Webmaster)  
Jay DeRoche (Kathleen)  
H: (603) 382-7024  
W: (508) 475-0397  
john.deroche@comcast.net  
LCIF Coordinator

Pediatric Cancer Chair  
Mary Tremblay  
H: (603) 926-2069  
C: (603) 308-3704  
E: mntremblay@earthlink.com

Public Relations & Lions Information  
Carl Rutigliano  
H: (603) 329-717

PCC Bill Rathbun  
H: 606-707-9285  
E: pdgbill33y@yahoo.com

Uniforms/Jackets/Shirts/Hats & Emblems  
Joe Kasper (Joanne)  
H: (603) 529-0439  
C: (603) 548-0286  
E: jkasper@nedelta.com

Lions Fellowship  
Nancy Greer O’Dowd (Tom)  
H: (603) 569-1160  
C: (603) 387-6808  
E: lupessmom14@gmail.com

Vision Chair  
Marilyn Vaccaro  
H: (603) 437-1408  
C: (603) 204-7251  
E: jvac1408@comcast.com

Peace Poster Contest  
Marilyn Richardson  
H: (603) 882-1997  
C: (603) 204-7914  
E: Marilyn@pcom.com

Diabetes  
PCC Celeste Ricupero  
C: (603) 321-073  
E: ricupero7@comcast.net

Facebook Administrator (2)  
PCC Deedee LaTulippe  
C: (603) 566-0691  
E: liondeedee@comcast.net  
Cheryl Cataldo  
H: (603) 859-1089  
C: (603) 380-0547  
E: casac25@hotmail.com

District Photographers (2)  
PCC Deedee LaTulippe  
C: (603) 566-0691  
E: liondeedee@comcast.net  
Joyce Brothers PH: (603) 323-8295  
E: joyce@conwaydailysun.com

Health Service Committee Liaison  
Scott Wilson  
C: (603) 770-3700  
E: scottwils@comcast.net

Environment Chair Jeri Maynard  
H: (603) 883-8565  
C: (603) 320-3614  
E: lionjeri@comcast.net
<table>
<thead>
<tr>
<th></th>
<th>This Month</th>
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<td>Opening Balance</td>
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<td>Added Members</td>
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<td>Dropped Members</td>
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**Congratulations Lions! 1.4 Million Members**

Keep the momentum going...Ask One today!
Lions Development

Workshop

Announcing District 44H, 2nd Annual Workshop

All Lions are invited, especially Presidents, Vice Presidents, Club Officers and Any Lions interested in learning, growing and advancing in Lionism.

Class Date: Saturday, October 28, 2017
Location: Delta Dental, Concord, NH
Time: Registration at 8:00am Session start 9:00am to 1:00pm
Breakfast: Coffee and Pastry
Lunch: Will be provided
Subjects: Membership - Approach to & Club Impact
Orientation - Essential Element for Lions
Retention - Importance & Impact on Club
Leadership - Skill Development
Explanation on LCI’s Global Team and Roles (Club & District)

District Leaders and Global Team preparing material to be presented

Please RSVP BY: Thursday Oct 26, 2017

To: PCC Celeste Ricupero
At: Ph. # 603-321-0737
eMail ricupero7@comcast.net
District 44-H Cabinet Meeting
#139, Old Route 109, Moultonborough, NH

November 12, 2017
$15.00
Join us for breakfast
French Toast Sticks
Scrambled Eggs
Bacon / Sausage
Roasted Potatoes
Fruit Cup
Breakfast Pastries
Coffee/ Tea/ Orange Juice Station

8:15am – 9:00am  Registration and Social
9:00am Call to Order
9:15am Breakfast

Name(s):

Club: _______________  Total Attending: ___ x $15.00= ___________ Check # _________

Please mail checks to: CST Paul Gilberti
42 Island Pond Road, Atkinson, NH 03811

Email: cstpaul44h.comcast.net      H: 603-426-2025      C: 978-595-7536

Make checks out to: Lions District 44-H
No Later Than November 8th, 2017

Please help the committee by making your reservations early.
New metal roof on Pelham Bunkhouse is completed by Lion Peter Houde of Somersworth Lions Club and 2 of his friends [non Lions]

What a fantastic job!

We have only 1 more bunkhouse Binns, and 4 more buildings remaining, before we can say no more roofs for the next 50 years or more. An we make this happen in our 30th year?

Anyone interested in helping out at camp this fall, we have lots of brush to cut, and painting which can be done any day any time. Just drop me a line and we can make arrangements.

Team work is the key to our current and future successes.

Thank you for caring about our camp! Peter

Peter LaPointe, President Lions Camp Pride hampstead.lions@gmail.com. 978-479-0454 cell

Camp Pride Board of Directors meets the 2nd Wednesday of each month at social 6pm meeting @7:00pm, at the Auburn Tavern, Auburn NH.
New England Lions Council  
Serving the needs of the Districts of New England

NELC Fall Meeting with Necrology Service  
October 20th, 21st and 22nd, 2017  
Mt. Snow Grand Summit Resort, West Dover, Vermont

Schedule of Events:

Friday, October 20th:  
5:00 p.m. – 10:00 p.m. – Hospitality Room  
7:30 p.m. – Lions Trivia Challenge

Saturday, October 21st:  
8:00 a.m. – Noon – Registration  
8:00 a.m. - 9:30 a.m. – Breakfast (dress code – casual)  
10:00 a.m. - 11:00 a.m. and 11:15 a.m. – 12:15 p.m.  
Information Sessions 1 & 2 AND Information Sessions 3 & 4  
PE\RURING:  Constitutional Area 1-A GMT Coordinator PCC Mahesh Chinnis  
Constitutional Area 1-A CLT Coordinator PDG T J Anand  
Constitutional Area 1-A GSA T Coordinator Lion Ken Chew  
Visually Impaired Fishing Tournament  
2 possible additional sessions to be scheduled

12:30 p.m. – Lunch – Guest Speaker (dress code – Lions Dress)  
  Kae lyn Mudrak, LEAP Program Manager  
  ReSOURCE – A Nonprofit Community Enterprise

2:30 p.m. – New England Lions Council Meeting  
6:00 p.m. – Social Time – Cash bar  
7:00 p.m. – Dinner – Guest Speaker (dress code – Cocktail / Business)  
  IPID Jerome Thompson, Constitutional Area 1 GMT Coordinator

Sunday, October 22nd:  
8:00 a.m. – 9:30 a.m. Breakfast (dress code – casual)  
10:00 a.m. – NELC Necrology / Memorial Service  
Safe travels home.
New England Lions Council
Serving the needs of the Districts of New England

Fall Conference
with Necrology / Memorial Service
October 20, 21 and 22, 2017

ROOMS ONLY RESERVATION INFO
Mt. Snow Resort and Conference Center
89 Grand Summit Way
West Dover VT 05356

Grand Summit Hotel Room - $105
Grand Summit Studio Room (Murphy / Sofa) - $99
(either room, add 10% tax, 8% resort fee)

Check in: 4:00 p.m.
Check out: 11:00 a.m. (late check out available)
Valet parking complimentary

Call 1-800-245-7669 or 1-800-817-0764
Reference: New England Lions
Deadline: September 29, 2017

Website: www.mountsnow.com
Please check website for local activities/shopping
New England Lions Council
Serving the needs of the Districts of New England

Fall Conference
with Necrology / Memorial Service
October 20, 21 and 22, 2017

MEALS RESERVATION INFO: Deadline is October 15, 2017

October 20, 2017: Meals on everyone’s own choice.

October 21, 2017: Breakfast ________ @ $22 = ________
                Lunch ________ @ $25 = ________
                Dinner ________ @ $37 = ________
(Meal Selection: Grilled Bistro Steak _____ Chicken Marsala _____ Vegetarian Option _____)

October 22, 2017: Breakfast ________ @ $25 = ________

Dietary needs: ________________________________________________________________

EVENT REGISTRATION INFO: Member $5 _____, Non-member $10 _____

Name: ________________________________________________________________
District: ___________ District Position: ________________________________
Club: ___________ Club Position: ________________________________
Contact Info: Cell ___________ Email: ________________________________

Please mail to: C S/T PDG Sandra Hurd, 166 Turkey Hill Road
Merrimack NH 03054
Or phone: 603-424-8922 or email: axstewart@comcast.net

We Serve
Semi-Annual
Psychic FAIR

Sat. October 28th
10am-4pm

Located at the Hudson Community Center
12 Lions Ave, Hudson

What’s in Your Future?
What do you wish for?

Event Sponsored by Hudson Lions Club

For Info Contact:
Lillian 603-889-0285 or Jeri 603-883-8565
email: lionjeri@comcast.net

Join in the Fun!
Check out our many vendors selling their wares!

www.nhlions.org/hudson
Hear Ye! Hear Ye!
Save the Date

District 44N Cabinet Meeting
November 5, 2017

Puritan Backroom
245 Hooksett Road, Manchester NH
9 am - 12:30 pm

Come one, come all! Plan to attend the November Cabinet Meeting!
There will be food, fun, friends, and a special guest speaker, PDG Andy Porter from Massachusetts.
He will be bringing new membership ideas!
Registration 8:30 - 9:00 am
Meeting Opening 9:15 - 9:30 am
Brunch 9:30 - 10:00 am
Resume Meeting 10:00 am
Adjourn 12:30 am

Cost is only $20 per person
Please make checks payable to: Lions District 44N
and mail to:
CS Virginia Edwards
P.O. Box 311
Danbury, NH 03230

Don’t miss out. Seating is limited so make your reservation today! And bring a friend!
The room will only hold 120 people, maximum!

Name: ___________________________ Club: ___________________________

Name: ___________________________ 1st Cabinet Meeting? ______

Amount Enclosed: #____ attending @ $20/pp = $__________

Deadline of October 30!!
The newly installed Five Corners Playground in Hampton, NH showing new state of the art activities for children.

Members of Hampton Area Lions Club prepare to serve cake after the ribbon cutting for the new playground. Shown left to right are: Betsey Davis, Judy Geller, Dyana Martin, Chris Gies, Charlene MacDonald, Kristin Miranda, Leo Gies, District Governor Sam Longbook and Mary Tremblay.

On Monday, July 31, the ribbon cutting ceremony for the new Five Corners Playground officially opened the playground to the public. Dyana Martin, Hampton Recreation Director and Lions Centennial Project Coordinator conducted the opening ceremonies and Chairman of the Board of Selectmen, Jim Waddell, performed the ribbon cutting. The playground, a joint venture between the Hampton Area Lions and the Town of Hampton was the Hampton Area Lions Club Centennial Project. The town citizens voted to approve the playground and town employees prepared the site. Hampton Area Lions agreed to help the contractor install the equipment, purchase the fencing to properly border the area of the playground, and donate a Commemorative Bench. This project exemplifies Lions International goal of working with the community in completing a project with a visible and long lasting impact. Governor Sununu, who declared this to be the “Year of the Lion” in New Hampshire, sent a very nice letter of congratulations to the Hampton Area Lions Club, which was read as part of the opening ceremony.

Upon completion of the opening ceremony, the playground was officially open and ceremonial cake was served. For the many children present, it was a tough decision to head for the playground or get some cake first, but all seemed to enjoy both.
Electronic Waste Collection Day

Fundraising event to benefit:

Laconia-Gilford Lions Club

When: **Saturday, October 21**
Where: Lowe’s Parking Lot
1407 Lakeshore Road, Gilford, NH
Time: 9:00 am to 1:00 pm

What we are accepting:

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<tr>
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<td>Laptop</td>
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<td>Humidifier</td>
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<td>Air Conditioner</td>
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<td>Dehumidifier</td>
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<td>Microwave</td>
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<td>CRT Monitor</td>
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<td>TV &lt; 25”</td>
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<td>Very Large TV</td>
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<td>Dryer</td>
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<td>Gas or Electric Stove</td>
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<td>Dishwasher</td>
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<td>Refrigerator</td>
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<td>Freezer</td>
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<td>Water Heater</td>
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<tr>
<td>Washing Machine</td>
<td>$20</td>
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<tr>
<td>Car batteries</td>
<td>$5</td>
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</table>
| Cords, Cables, Computer Accessories | $5 | (Free if recycling something else)

Anything with a cord not listed will be accepted. Price will be determined at the time of drop off.

What we CANNOT accept:

- Oils, paints, thinners, batteries, tires, mercury containing items such as fluorescent & CFL light bulbs or thermometers, capacitors, ballasts or any other hazardous waste.

"Don’t Throw It Out, Recycle It!"

Thank you for supporting the Laconia-Gilford Lions Club
INTERNATIONAL LIONS

The Laconia/Gilford Lions Club helped celebrate the latest edition of the Laconia Multicultural Festival by debuting its inaugural booth there. “We have assisted the Festival before,” explained Club President Allyn Bridge, “and decided to go a step further this year. As this is the centennial year of our organization, whose official name is the Lions Clubs International, it made sense to help the Lakes Region celebrate its cultural diversity and rich ethnic heritage. Ours is the largest service organization in the world, and chapters in many nations help people in need—including right here, where the Laconia/Gilford Lions have been active for 70 consecutive years. The Lions booth was very successful as an outreach/informational effort, and we would like to thank the Laconia Human Relations Committee, the Belknap Mill and the Festival Committee for being so welcoming. We Lions will return!”

Conway Lions Spaghetti Dinner / 25th Anniversary Wedding Vows Renewal

How many Lions Clubs can say that their dinner event consisted of an impromptu 25th Anniversary Wedding Vow Renewal? That’s what happened at our 1st Annual Spaghetti Dinner. A couple from New Jersey was visiting the Valley for Mud Bowl Weekend stopped at the Lutheran Church, next to where our spaghetti dinner was being held. It was their 25th wedding anniversary and they were trying to locate the office of the church so they could speak to someone about renewing their vows. Being Saturday, and after 5:00 pm, no one was available, until our own Beth Gray mentioned the fact that she was a Notary Public and would be honored to officiate and renew their vows for them. Coincidentally, they had bought each other new rings as anniversary gifts. They returned to their hotel to fetch the rings and came back 45 minutes later to a wedding ceremony complete with wedding music, ring bearer, flowers, photographers, head table, many "guests", and a delicious spaghetti and meatball dinner. Top that, Lions!
Sight & Hearing Foundation for the month of October

For those of you who are unable to attend the S&H meetings please be aware that we have had a major change to the Board of Directors. Lion John Wynne who is the President of the Milford Lions Club has agreed to join us in the position of Treasurer for the Sight and Hearing Foundation. John has a long history in accounting and he currently is the treasurer for District 44N, and the Lions Youth Development of N.H, Inc. He has provided his accounting skills to the Milford Lions over the past several years. The Sight & Hearing Foundation is very busy evaluating cases brought before the Board. If anyone has a question as to how to go about submitting an application for either hearing aids or cataract surgeries please contact PCC Jim Robinson at 603-247-2015 or email him at jimrbgnsn15@comcast.net. He would be very glad to hear from you. If you would like to see the S&H in operation you can attend any monthly meeting on the third Thursday of the month. All meetings are held at Blake’s Restaurant at 353 So Main Street, Manchester 03102. Social begins at 6 PM and the meeting begins at 6:30 PM.

PCC Raymond Hill
President S&H

THE DOGSIGHT PROJECT
A Program of the New Hampshire Lions
Multiple District 44 – Health Services Board

Watch!

“Watch!” That’s one of my dog’s words. It means that there’s something happening that I want her to notice. It costs $45,000 to create a Fidelco German Shepherd Dog Guide. Because of the generosity of MD44 Lions (and Lionesses!!!), every three years we sponsor a dog! The DogSight Project will be sending out our letter requesting donations in September – so watch for it and please read it to your clubs. We sincerely hope you will respond with historic MD44 Lions generosity.

Donations may be sent at any time to DSP Chair Linda Piekarski, 15 Edgewood Ave, Keene, NH 03431. Please make checks payable to LSHF with DSP on the memo line. The independence a guide dog brings to a blind person is priceless. Your contribution gives that gift many times over. Thank you!

Linda Piekarski
Chair, the DogSight Project
lpiekarski@ne.rr.com

Goal: $15,000   Raised to Date: $400
6 Diabetes Food Swaps That Can Help Lower Your Blood Sugar

If you have diabetes then you know how important a healthy lifestyle is. However, a diabetes diagnosis doesn’t mean you can’t eat the foods you love. Instead of completely ditching your old diet, resolve to make a few small substitutions. By replacing a low-fiber food with a high-fiber version, for example, you can help keep glucose levels under control and feel full sooner so you eat less. Other little changes can help with portion control and weight loss.

Try making a few of these easy changes and see how small swaps can make a big difference in managing your diabetes and your overall health.

1- Eat Whole Grains Instead of Refined
2- Eat Dark Leafy Greens Instead of Light Ones
3- Eat Baked Chips Instead of Fried
4- Eat Whole Fruit Instead of Fruit Juice
5- Eat Steel-Cut Oats Instead of Boxed Cereal
6- Eat From a Small Plate Instead of a Large One

Stay Healthy

PCC Celeste
Environment

Fall has arrived and winter will soon be upon us! Now is a good time to start thinking about the 4th Centennial Challenge (CSC) “Protecting our Environment” and the World Service Week (WWS). Dates for the WWS are April 16, 2018-April 22, 2018. Hopefully, every club will participate in this challenge.

Researching environmental issues specific to New Hampshire, I came up with the following major concerns:

- **Solar Power**: resistance from energy companies and special interest groups
- **Saving the Monarch Butterfly**: Pollution-driven climate change is part of the problem, toxic food sprays are also contributing- how can we promote organic farming?
- **Bees**: Spoke about Bees and pollinators in the June newsletter; lots can be done to help them
- **Global Warming, Climate Change**: Check out the Regional Greenhouse Gas Initiative
- **Clean Water**: One of the most pressing issues in NH
- **Air Quality**: caused by both human factors and environmental factors

All of these concerns may seem impossible to solve, but if little steps are taken by individuals and groups, then progress in getting solutions will come in leaps and bounds...

Lions International has an online pamphlet, “Green Team Caring for the Environment”, which gives excellent ideas for environmental projects that your club could implement over the coming year. You will find ideas in the following areas: Community Clean-up projects, Tree Planting projects, recycling Projects and Education projects. Go to the LCI.org site-members center- we serve-environment- click on Lions Green Team (in the paragraph description) -info for environmental chairperson (left hand side) and download the “Lions Green Team Kit” Many of the ideas address the problems that we are seeing in NH. In the future I will try to give clubs more specific information on each of the above.

“We are the first generation to feel the sting of climate change, and we are the last generation that can do something about it.” - Washington State Gov. Jay Inslee

Jeri Maynard, Environmental Chair

Cell: 603-320-3614   E: Lionjeri@comcast.net
PLEASE CONTACT LENNY HALL AT LAH03811@GMAIL.COM OR CALL HIM AT 978-360-0958

LIONS YOUTH SERVICES NEW LOGO CONTEST

NAME: ________________________________
(please print)

CLUB: __________________ ARTWORK ATTACHED: ______(YES)
(please print)

PHONE #: __________________ EMAIL: __________________

MAIL ENTRY BY NO LATER THAN OCTOBER 5, 2017 TO:

LIONS YOUTH SERVICES, PO BOX 3996, CONCORD, NH 03302

LIONS YOUTH SERVICES NEWS

★ The “New Logo” contest deadline is getting near, please use the above information and get your artwork into Lion Lenny Hall as soon as possible. ★

Final information concerning the Peace Poster contest is listed here in the newsletter. If you should have any questions, please contact one of the members listed for your club.

★ CHaD Book Drive – is continuing through the year. If you have new or slightly used books to donate, please bring them to your cabinet meeting or contact either Marie Hall or Henry McKee to schedule a pickup of your books.

★ Lions Young Leaders in Service Awards – your Zone Chair or Henry McKee will be discussing this program during your next zone meeting. This program is based upon the recognition of young people for their service to the community. If you would like further information, please contact your Zone Chair or Henry.

★ Lions Youth Service Meetings—all Lions from both districts are welcome to attend meetings and provide support in LYS endeavors. Meetings are held once a month at 6:30pm on the 2nd Thursday at Hannaford's in Bedford, Kilton Road. Ask someone in your club to join you, and carpool together to the meeting. Hope to see you on October 12th!
The deadline to order a Peace Poster kit was October 1st – All participants are now busy creating their artwork for the 2017-2018 “The Future of Peace” Peace Poster Contest. This is the 30th anniversary of the Lions International’s Peace Poster Contest!

According to our records, twenty-five clubs are participating with 47 kits sold. The deadline for turning in all posters is November 15th. Your club should judge all posters by this date and select a winner. Many clubs choose a winner as well as a 2nd and 3rd place winner. We are also asking that in addition to these front runners, that you collect all posters from all participants and turn them in. Be sure to use the sticker provided in your kit for the winner (1st place) and all information required is completed before it is turned in for final judging by the District Governor. All other posters should include the printed labels that were in the previous Roar and Pride newsletters or given out for your use. These labels should be placed on the back bottom right hand side of each poster so that they can be easily identified by all. Please be sure that all LCI rules and regulations are followed when judging each poster. For example, size of poster, no writing on the front of the poster, etc. as, unfortunately, they will be disqualified from the contest and that would be a shame!

**All District 44H clubs:** Barrington, Chester, Conway, Derry, Epsom-Chichester (2), Exeter, Hampstead, Hudson (2), Kingston, Londonderry, Saddleback Mtn (2), Salem (2), and Sandown If you are attending the Cabinet Meeting on November 12th and you have collected your club’s posters, please bring your posters to the meeting. If you are unable to do this, they will be accepted by mail until November 15th. They should be mailed directly to District Governor Sam Longbook at 37 St John Lane, Hampstead NH 03841. Please contact Marilyn Richardson to coordinate your plans at marilyn@pcom.com

The following 44N clubs should forward their posters to Stephanie Crawford by no later than November 15th: Andover, Canaan (6), Claremont, Concord (8), Franklin (4), Orford (4) and Pemi-Baker. Please contact Stephanie at youarebeautifulskin@gmail.com to coordinate.

**The following 44N clubs:** Amherst, Brookline, Merrimack, Milford and Pinardville should forward their posters to Rhonda Wynne at rwynnemilford@comcast.net by no later than November 15th. Please contact Rhonda to coordinate.

If there is any club not listed above who has purchased a kit and is participating in the contest, please contact Rhonda Wynne at rwynnemilford@comcast.net

**THE PROCESS:**

Each poster received will be photographed and framed. DG Sam is looking for someone in their district to photograph their posters but all posters should be directed to Lion Marilyn Richardson or sent to DG Sam regardless.

District Governor Sam Longbook and District Governor Eric Lindberg will select a winning poster from their respective districts. The two winning posters will then go to MCC Christine Greenwood which she will judge and choose the winning poster. After selection is made MCC Christine will forward the final winning poster to LCI to be judged some time in February 2018. Please be sure to advise the winner that their original poster will not be returned to them once it goes to LCI. The winner will receive a nicely framed photocopy of their poster. All other participants will receive back their original posters plus an 8x10 framed photocopy of their poster after the Mid-Winter convention.

All winning posters will be photographed and framed for display at the mid-winter convention in January 2018. In addition to the winning club posters, depending upon the number of participating posters received, they too, will be photographed and framed for display. Hopefully, we will have a significant number of posters to display.

**New this year:** Lion Youth Services will be awarding the District 44 winning poster with a monetary award and will also be awarding the runner up with a monetary award. Both will be highlighted and on display with all posters at the Mid-Winter convention. Winners and their families will be formally invited to attend.
This month our story is actually a letter that the Jaffrey Rindge Branch Club received and said we could share:

“I am a 38 year old and I have been wearing corrective lenses since the age of 7. 4 months ago my glasses broke beyond repair. I am a single, low-income, woman and a current eye exam along with new glasses was extremely unaffordable on my budget. Not having glasses was preventing me from new job opportunities and driving.
I was referred by a friend to the Lions Club for the program that is offered to assist people with vision care. Gratefully I was accepted. I have received a complete eye exam and was given a choice of frames. It took 7 days for my new glasses to come in. Since then I have gone to a job interview and was offered a job pending a vision screening. Without the glasses, the job opportunity would not be possible. I am so grateful to Lions.”

Remember: Submit your vision screening reports!

Tip of the month: If you have already done the schools in your area, try scheduling screenings at the day cares in your area. That is the perfect age for the screenings to do the most good!!

Also, please send in your heartwarming stories so that we can share the good feelings! We want to have one for every month this year.

Sue Lindberg
HSB Chair
As the entire Southeast continues to struggle with the after effects of Harvey and Irma I'm sure many of you and your Clubs are looking to make LCIF donations to help with relief efforts. This should help you clarify how to do this to insure your Club's donation is utilized as you intend.

Your checks should be forwarded to: LCIF, Department 4547, Carol Stream, IL 60122-4547. In the memo line of the check please state: Disaster Relief, Harvey. If you want your donation to go towards a Melvin Jones Fellowship, please also state: "Towards MJF to be named"

You may also donate by credit card online. The link to the donation form is: Donate Now. Please pass this on. As always, please remember that 100% of all donations go directly to disaster relief.

In addition, should you choose, you may forward your donations to me and I will forward them on to LCIF.

Lions Clubs International Foundation (LCIF) stands with Lions. LCIF helps Lions' projects reach more people and benefit more communities. Have you ever thought about if the service project in your community could have reached more people if provided additional resources? Have you ever been involved in a project that you wish could have helped more people? LCIF grants are available to help you do that.

Receiving a grant for your service project may seem like an abstract idea, but it is possible to accomplish this for your own community. The donations that LCIF receives go directly to Lions who apply for grants and meet the required criteria.

Think about the service projects your club is participating in. Can a grant make your projects more impactful to your community or the community you are serving? In addition, think about this the next time you consider giving a donation to LCIF.

We have some exciting changes happening to our grants framework, so I hope you will talk with your club about LCIF and the potential grant opportunities available to you.

Should you have any questions or need assistance please do not hesitate to call or email me.

Thank you.

Bill Rathbun, Past Council Chairman

LCIF District Coordinator

Pdgbill33y@yahoo.com
Lions Bonnie St Jean and Marilyn Vaccaro providing training recently on Saturday, September 16, 2017 with approximately 14 Lion members in attendance from both districts.
Attending a meeting in Meredith, hosted by Zone Chair and President Marie Valliere and we had a very nice home cooked meal.

Attended a dinner meeting in Nashua, at the Crown Plaza Hotel, hosted by King Lion Kamal, where they were honoring the memory of past Lion Philip Flynn.

District 44H at the Forum.
Making a difference with passion & vision…. WE Serve!

58th Annual Lions MD44
Mid-Winter MD Convention
Crowne Plaza, Nashua NH
January 26-28, 2018

Very Special Guest – ID Jennifer Ware
And so much more.....

Look for MORE details next month !!!!